

## Childhood Obesity

Over the past three decades childhood obesity rates in America have tripled. Today, almost one in every three children in our nation is overweight or obese. Obese youth are more likely than youth of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, certain cancers, and osteoarthritis.

In a study published by the Journal of the American Medical Association, researchers found that obese children and adolescents are five times more likely to have a lower health-related quality of life, and greater psychological and social issues, than healthy children. In addition, obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol and high blood pressure.

According to the Centers for Disease Control, the prevalence of obesity among children aged 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0% to 18.1%. The Beach Cities community has seen similar rises as well. Data from the California Healthy Kids survey indicated approximately one-third of children in the Redondo Beach Unified School District (RBUSD) were not within healthy fitness zones. In some cases these numbers increased by up to 45 percent by the time students reached high school.

To change behaviors that are contributing to the rising, epidemic levels of childhood obesity in our community, Beach Cities Health District oversees several evidence-based, multi-component obesity prevention programs for Beach Cities youth, including the [LiveWell Tots](#) [1] program for preschool aged children and the [LiveWell Kids](#) [2] program for elementary students. LiveWell Kids is demonstrating a statistically significant decrease in the percentage of at-risk for overweight and overweight children. BCHD's AdventurePlex facilities also offer exercise and healthy eating programs.

[LEARN MORE ABOUT THE LIVEWELL TOTS PROGRAM FOR PRESCHOOLERS](#) [3]

[LEARN MORE ABOUT THE LIVEWELL KIDS PROGRAM FOR ELEMENTARY SCHOOL CHILDREN](#) [2]

Find more information about childhood obesity on the following sites

[Centers for Disease Control and Prevention](#) [4]

[LetsMove.gov](#) [5]

[Medline Plus - Obesity in Children](#) [6]

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### Links:

[1] <http://www.bchd.org/lwt>

[2] <http://bchd.org/bchd-centers-programs/livewell-kids>

[3] <http://www.bchd.org/our-centers-programs/livewell-tots>

[4] <http://www.cdc.gov/obesity/childhood/index.html>

[5] <http://www.letsmove.gov/>

[6] <http://www.nlm.nih.gov/medlineplus/obesityinchildren.html>

[7] [http://bchd.org/sites/default/files/field\\_banner\\_image/iStock\\_000005618515XLarge.jpg](http://bchd.org/sites/default/files/field_banner_image/iStock_000005618515XLarge.jpg)

[8] [http://bchd.org/sites/default/files/field\\_banner\\_image\\_right/IMG\\_5883.JPG](http://bchd.org/sites/default/files/field_banner_image_right/IMG_5883.JPG)